

# Daily Food Log

For each day of the week, record calories, saturated fat, water intake and the physical activity you perform.

Week of: \_\_\_\_\_

Daily Meal Planning:		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Protein:</b> Choose a lean protein with each meal. Refer to food list to find examples.  <b>Carbohydrates:</b> Choose a carbohydrate with each meal. Vary between whole grains, fruits, starchy vegetables. Refer to food list to find examples.  <b>Vegetables:</b> Choose non-starchy vegetables and add them to at least 3 of your meals each day.  <b>Fat:</b> Limit your saturated fat intake to 15g/day  <b>Measure portion sizes</b> , and refer to food label, nutrition book or <a href="http://www.nutritiondata.com">www.nutritiondata.com</a> to find calorie content.	<b>Meal #1</b> Calories: _____  Sat. fat: _____	<b>Meal #1</b> Calories: _____  Sat. fat: _____	<b>Meal #1</b> Calories: _____  Sat. fat: _____	<b>Meal #1</b> Calories: _____  Sat. fat: _____	<b>Meal #1</b> Calories: _____  Sat. fat: _____	<b>Meal #1</b> Calories: _____  Sat. fat: _____	<b>Meal #1</b> Calories: _____  Sat. fat: _____	
	<b>Meal #2</b> Calories: _____  Sat. fat: _____	<b>Meal #2</b> Calories: _____  Sat. fat: _____	<b>Meal #2</b> Calories: _____  Sat. fat: _____	<b>Meal #2</b> Calories: _____  Sat. fat: _____	<b>Meal #2</b> Calories: _____  Sat. fat: _____	<b>Meal #2</b> Calories: _____  Sat. fat: _____	<b>Meal #2</b> Calories: _____  Sat. fat: _____	
	<b>Meal #3</b> Calories: _____  Sat. fat: _____	<b>Meal #3</b> Calories: _____  Sat. fat: _____	<b>Meal #3</b> Calories: _____  Sat. fat: _____	<b>Meal #3</b> Calories: _____  Sat. fat: _____	<b>Meal #3</b> Calories: _____  Sat. fat: _____	<b>Meal #3</b> Calories: _____  Sat. fat: _____	<b>Meal #3</b> Calories: _____  Sat. fat: _____	
	<b>Meal #4</b> Calories: _____  Sat. fat: _____	<b>Meal #4</b> Calories: _____  Sat. fat: _____	<b>Meal #4</b> Calories: _____  Sat. fat: _____	<b>Meal #4</b> Calories: _____  Sat. fat: _____	<b>Meal #4</b> Calories: _____  Sat. fat: _____	<b>Meal #4</b> Calories: _____  Sat. fat: _____	<b>Meal #4</b> Calories: _____  Sat. fat: _____	
	<b>Meal #5</b> Calories: _____  Sat. fat: _____	<b>Meal #5</b> Calories: _____  Sat. fat: _____	<b>Meal #5</b> Calories: _____  Sat. fat: _____	<b>Meal #5</b> Calories: _____  Sat. fat: _____	<b>Meal #5</b> Calories: _____  Sat. fat: _____	<b>Meal #5</b> Calories: _____  Sat. fat: _____	<b>Meal #5</b> Calories: _____  Sat. fat: _____	
	<b>TOTALS</b> Calories: _____  Sat. fat: _____	<b>TOTALS</b> Calories: _____  Sat. fat: _____	<b>TOTALS</b> Calories: _____  Sat. fat: _____	<b>TOTALS</b> Calories: _____  Sat. fat: _____	<b>TOTALS</b> Calories: _____  Sat. fat: _____	<b>TOTALS</b> Calories: _____  Sat. fat: _____	<b>TOTALS</b> Calories: _____  Sat. fat: _____	
	<b>Water</b> 6-8 cups 8oz each	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
<b>Aerobic Activity</b> 30min 5-6 days/wk <i>Recommended</i>	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	
<b>Strength training</b> 15-20min 2-3x/wk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Stretching</b> 5-15 min/day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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**Goals**

My goal for this week is \_\_\_\_\_  
 3 specific steps to meet my goal are: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_  
 My reward for meeting my goal \_\_\_\_\_